

Circle of Support Worksheet

Circle of Support for: _____

People I can ask to be in my Circle of Support:

Family members:

phone number:

Friends:

phone number:

People from the community:

phone number:

Ground Rules for Circle of Support

Ground rules tell people who are meeting or working together how they will talk to each other, treat each other and how a meeting should go. You may want to think about writing some ground rules for your Circle of Support to follow when they work with you or when you meet together for planning. Here are some examples of things you might want to put in your Circle of Support ground rules:

1. Treat each other with respect.
2. Share ideas and new ways to do things.
3. Listen to each other.
4. Come to meetings and come on time.
5. Follow-through when you say you will do something.
6. Show respect for my choices when we talk about my goals.
7. Follow the main ideas of self-determination
8. Believe in me and support me so that I can do things and make decisions for myself.
9. Talk to me each day/week to see how things are going.

My Circle of Support Ground Rules

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.